



# Welcome to the World Of 4-H

## A Parent's Guide

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# INTRODUCTION

For over one hundred years 4-H programs have helped youth in the United States, and 82 other countries, grow and develop their individual potential by teaching life skills in the "Learn By Doing" method. Hundreds of thousands of volunteer leaders have, through the years, invested their time, effort and belief in young people by being 4-H leaders. Adult leaders serve without pay and devote a great deal of time in helping members develop into more capable adults.

To make 4-H a successful experience for your child, as well as the other young people in the group, your support as a parent is very important. Without your support, the potential of the club and member is diminished.

In order for you and your family to better understand the 4-H program and your role in it, this resource has been developed. Please feel free to contact your local leader with any questions you might have, or contact the Cheshire UNH Cooperative Extension Office at 352-4550 from 8:00 AM to 4:30 PM email [cheshire4h@unh.edu](mailto:cheshire4h@unh.edu).

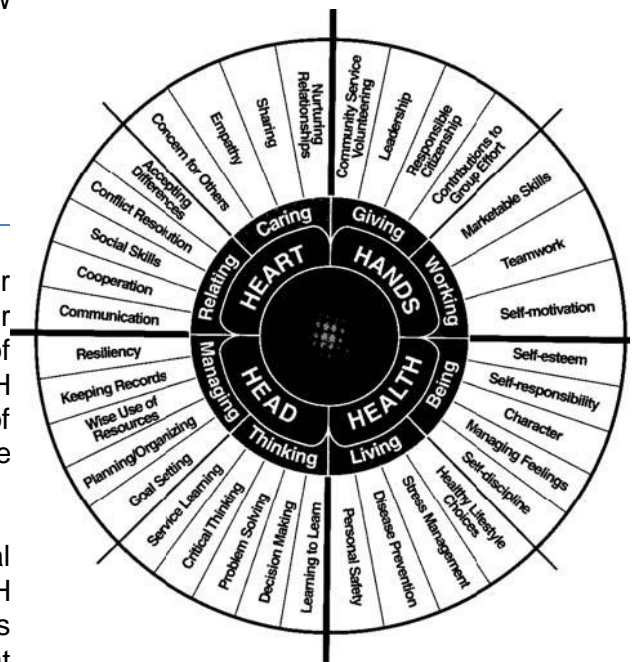
Best wishes for an enjoyable and fun experience in New Hampshire 4-H Youth Programs.

# 4-H ORGANIZATION

4-H is a youth organization that belongs to the members, their families, and other interested adults who serve as volunteer leaders. Professional leadership is given by the University of New Hampshire Cooperative Extension. Support for 4-H programs is a joint effort of county government, the State of New Hampshire, the University of New Hampshire and the United States Department of Agriculture.

4-H is young people learning and working together in informal groups with the guidance of their families and volunteer 4-H leaders. Members choose projects that fit them and the places where they live and through these projects build skills that they will need to become productive citizens and effective family members. Trained volunteers use developmentally appropriate activities and curriculum to reach youth in an environment where the acquisition and practice of these skills can occur.

4-H is open to all youth and adults regardless of their ethnic background, race, or personal creed. Most 4-H clubs have meetings for the entire membership once a month. During these meetings the membership makes decisions that relate to the club and its activities guided by 4-H leaders. Project groups meet at various times depending upon the needs of the project and the schedules of the involved members and volunteer(s).



Dear 4-H Parent,

Congratulations and welcome to the 4-H Program! As a 4-H member your child will learn new skills, improve others, and grow as a person.

As a 4-H parent you have a responsibility to your child, to the 4-H leader, and to the 4-H club. All need your support. It is necessary to do some 4-H work at home. Members need to build their knowledge, practice new skills for mastery, and prepare for coming events. Project animals need daily attention. Please try to find space, time, and encouragement for your child in these efforts.

Many 4-H leaders hold meetings after a full day of work inside or outside of the home. It is considerate to see that your child arrives at meetings on time and is picked up promptly when meetings are over. Transportation to meetings and club activities is the parent's responsibility.

The 4-H club also needs your help. An active club will be doing a variety of activities. Assistance is often needed in providing refreshments, fund raising, supervision on a field trip, helping the child who needs extra attention or planning for a special activity. It would be a big help if you called and volunteered instead of waiting to be asked. Let the leader know what you enjoy helping out with and what you are uncomfortable with. Your special skills will be appreciated but you may also be asked to help in tasks you haven't done before. Give it a try! Remember, "4-H is Learning by Doing" for parents and leaders as well as members.

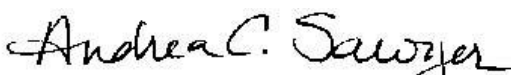
4-H is not a baby-sitting service. A 4-H meeting is not the place to take your child just to keep him or her busy. If you feel you are unable to cooperate by giving time and taking an interest in the 4-H program, 4-H is not for your family. Parent support is necessary and expected.

4-H is an educational program. Yearly requirements including attendance, participation, and project work, are set by the leaders and members working together. Members are expected to meet these requirements in order to receive recognition at the end of the year in the form of a pin, an achievement seal, or a premium for exhibiting at the Fair. As a parent you should know what is expected of your child. Check with your leader.

The county Extension newspaper is sent out every other month. The Cloverleaf Express also goes out to all 4-H families occasionally. Watch for these as they are full of 4-H information and explain 4-H activities that take place throughout the year. While the 4-H leader may point out some opportunities that might be of interest to the club, it is your job as a parent to make sure you are informed about opportunities that your child would like to participate in and the steps to be taken for this to happen. Careful reading of this newspaper is the first step.

4-H is a family affair! Involvement in 4-H provides a way for each member of the family to learn new skills, share experiences, and enjoy activities together. We hope your child will enjoy 4-H and we hope you and your family will enjoy being a part of it also. The 4-H Office is here to help you in this journey. If you have questions, want more information, or would like to discuss the program please call us. We can be reached at 352-4550 and welcome calls from parents. Our office is located at 800 Park Avenue in Keene and our hours are 8:00 AM to 4:30 PM.

Sincerely,



Andrea C. Sawyer  
Extension Field Specialist, Youth and Family

# ELIGIBILITY AND MEMBERSHIP REQUIREMENTS

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Age qualifications for the 4-H program use January 1<sup>st</sup> of the current 4-H year as the basis of age determination. (4-H year is October 1 to September 30)

- ✎ Cloverbuds are age 5 to 7. 4-H members are age 8 to 18.
- ✎ Certain 4-H Events often divide members further.
- ✎ Junior members are age 8 to 13. Senior members are age 14 to 18.
- ✎ Most state activities require members to be age 12 in order to participate. Most national trips are open to members age 14 and older. When events vary from these guidelines the registration information will indicate eligibility.
- ✎ Membership lists are updated at the 4-H Office on December 30<sup>th</sup>. Members who do not re-enroll are dropped from membership at this time.



## Yearly Membership Requirements

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### Cloverbuds

- Officially enrolled by filling out a 4-H enrollment form and submitting it through the club organizational leader, the parent if a family club, or the supervisor if an individual project.
- Work on appropriate activities from the Cloverbud curriculum. Cloverbuds do not sign up for projects and do not do animal project.
- Verify year end accomplishments through the club leader or your supervisor.

### 4-H Members

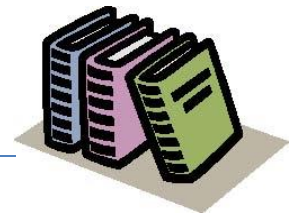
- Officially enrolled by filling out a 4-H enrollment form and submitting it through the club organizational leader, the parent if a family club, or the supervisor if an individual project.
- Set annual goals in at least one project area and work toward their completion.
- Verify year end accomplishments through the club leader or your supervisor.
- Participate in at least one community service activity.
- Participate in at least three different county or higher level activities each year.
- Participate in at least one of the following each year: leadership, safety, health, or communications project or activity. Members are encouraged to do one of each.
- Complete a 4-H resume, record or scrapbook which is due in the 4-H Office by July 5th.

### 4-H Clubs

- Submit a club enrollment by November 1.
- Meet and hold regular meetings.
- Members and leaders working together determine club goals and plan the annual program. This will include at least one community service and one health/safety activity.
- Elect club officers or rotate club officer responsibilities among the members.
- Submit a treasurer's report annually.
- Submit a yearend report of leader/member completion by September 1.
- Participate in at least one county activity/event.
- Help with at least one food booth shift at the fair.

# ***SOME 4-H DEFINITIONS***

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## **Cloverbuds**

Any youth age 5 to 7 who participates in an organized 4-H Cloverbud group. Cloverbuds explore a variety of project areas and are involved in activities and events that are not competitive. They are not involved in any animal projects.

## **4-H Member**

Any youth age 8 to 18 who enrolls in a 4-H group and works toward membership requirements.

## **Project Leader**

A volunteer who helps members in a particular project area. This person can be a parent, a person from the community, or a teen leader who has knowledge or interest in the project area. An application and orientation is required.

## **Organizational Leader**

A volunteer who serves as the liaison between the 4-H Office and the local 4-H club. This person keeps enrollment and completion records on members, keeps the office informed about club activities and keeps the club up to date on member opportunities.

## **Junior Leader**

A 4-H member who serves in a leadership role for the club. This may be doing such things as assisting leaders or younger members, serving as an officer or committee chair, or as a project leader.

## **Extension Staff**

Personnel of UNH Cooperative Extension who serve as support staff for the 4-H Program. Two people have direct responsibility for the county 4-H Program - Lauren Bressett, Extension Educator and Andrea Sawyer, 4-H Program Associate. The Extension Secretaries - Diane DuGray and Diana Fiorey are also glad to provide assistance.

## **4-H Food Booth**

A major fund raiser for the 4-H program in Cheshire County. The food booth brings in about \$4000 annually which is used for trips, scholarships, and awards including ribbons for Cheshire members and volunteers.

## **Cheshire 4-H Council**

The main advisory board for the County 4-H program. Members are elected to two year terms and provide guidance to the Extension Staff for the county 4-H program.

## **4-H Horse Leaders Association**

An organization open to any person interested in the county 4-H horse program. The group sets guidelines for horse activities, raises and manages funds for horse activities, and organizes county horse events.

## **Business Meeting**

The monthly meeting each club has to make decisions affecting the whole 4-H club. Parliamentary procedure guidelines are used for the decision making process and all 4-Hers enrolled in the club have a vote.

## **Project Meeting**

Meeting of a project group held at various times depending upon project work and the schedules of the involved members and volunteer(s). During project meetings members work on their project to increase their knowledge and skills, take trips and tours, practice proper health and safety practices, and prepare for exhibits and events.

## **Community Club**

A recognized 4-H club that offers a variety of projects for members to select from.

## **Project Club**

A recognized 4-H club that has one main project that all members are enrolled in.

## **Family Club**

A recognized 4-H club of one or two families. Parents enroll as volunteers and eligible children are enrolled as members or cloverbuds. Regular meetings are held and the basic requirements of a 4-H club are met.

## **Independent 4-H Member**

4-Hers who are not members of a recognized 4-H club but who want to be involved in the program may register as independent members through the 4-H office. At least one project area must be selected and an advisor (this may be a parent) must be available to work with the member. The same membership requirements as club members must be met.

## **Independent Project**

A 4-H club member may enroll in a project not offered by the club by filling out an independent project form and filing it with their organizational leader who will send it to the 4-H office. Membership requirements are met through club activities, it is just the goals and skill development that is done individually under the supervision of a project advisor.

## **Short Course**

This is a series of meetings around a specific topic area that is offered to 4-H families as well as the general public. Often these are held in cooperation with another organization. These are listed in the Extension newsletter.

## **School Enrichment**

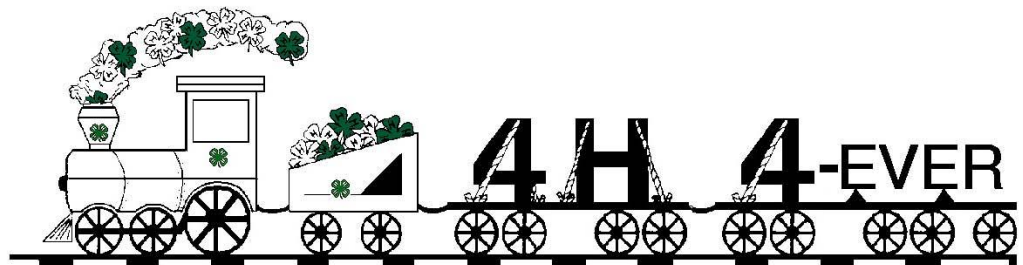
These are packaged programs designed to be used by schools and youth groups to enrich existing curriculum. Families, clubs, and individuals may also use these programs. Ask for a copy of our school enrichment brochure to see what is available.

## **4-H Electronic Newsletter**

The 4-H eNewsletter includes upcoming opportunities and dates important to county 4-H members, families, and volunteers. The newsletter is sent out monthly. To receive this newsletter we need a current email address. If you are not receiving this newsletter please give the Extension Office a call.

## **Cloverleaf Express**

Occasional special mailings sent to 4-H families with specific information and registration forms for events such as Teen Conference, 4-H Day, etc.



# 4-H CLUB ROLES FOR ADULTS

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## CLUB COORDINATOR

- Duties:** Serve as a link between the Extension Office and the club  
Stay informed about opportunities for club  
Provide materials to appropriate volunteers  
Provide needed information to Extension Office  
Provide guidance & help to club officers
- Skills:** Needs to be well organized, able to delegate tasks, and have good communication skills
- Time:** Will need to spend some time planning for each monthly meeting, maintain enrollment forms, and keep in phone contact with appropriate volunteers - about one to six hours monthly

## PROJECT COORDINATOR

- Duties:** Serve as a contact between project leaders and club coordinator  
Recruit project leaders and keep in contact with them  
Obtain scheduling information for signups  
Obtain completion reports from leaders  
Help obtain project resources and materials
- Skills:** Supportive and encouraging attitude Comfortable with phone/in person visits Persuasive Good organizational and follow up skills
- Time:** Two to three phone visits per leader, project scheduling, project completion - about three hours monthly with more during fall sign up and spring completion

## ACTIVITIES COORDINATORS

- Duties:** Be the club contact for one or more county activities  
Keep informed on the activity  
Encourage and plan for the club's involvement  
Do orientation for members participating  
Help members with sign up, scheduling, and planning
- Skills:** Enthusiasm and a sense of adventure, encouraging to members and parents, responsible
- Time:** Gather & read information on activity, planning club orientation, and support for participants - about 8 hours for an activity

Activities can include: Awards Supper, 4-H Day, Fair Exhibit, Fair, Food Booth, County Records, Judging or Quiz Bowl

## JUNIOR LEADERSHIP COORDINATOR

- Duties:** Encourage leadership opportunities for members such as committees, officers, leader assistants.  
Provide guidance to these junior leaders, helping them set goals and plan their responsibilities.
- Skills:** Faith in members' abilities to take on responsible roles, good rapport with youth, good communication skills.
- Time:** Two to three hours a month, more during fall sign up

## CITIZENSHIP COORDINATOR

- Duties:** Make suggestions of community service activities  
Get club consensus on participation  
Help club plan participation Help club promote accomplishments
- Skills:** Awareness of community events and needs, able to develop community contacts, able to build sense of community responsibility in youth, publicity
- Time:** Obtain information, organize/supervise activity(s), publicize activity - about 9 hours each activity

## RECREATION/SKILLS COORDINATOR

- Duties:** Plan games, activities, life skills activities as fun for each monthly meeting  
Supervise the activities or recruit members to supervise Report member progress in life skills
- Skills:** Enthusiasm for learning through fun, able to observe member progress in interpersonal skills, able to build group enthusiasm, willing to use 'new games' type activities for recreation
- Time:** Preparation for each meeting, supervision of recreation – about two hours monthly. Evaluation one hour annually

## CLOVERBUD LEADERS

- Duties:** Plan meetings for 5-7 year olds using Cloverbud Curriculum  
Manage meetings  
Encourage cloverbud participation in appropriate county activities
- Skills:** Enjoyment of 5 to 7 year olds, able to select activities and prepare necessary materials for those activities, able to treat all cloverbuds equally and to involve them all in activities
- Time:** Preparation and supervision of each meeting - two to three hours per meeting

## PROJECT LEADERS

- Duties:** Help members set goals in project area Plan activities to help meet these goals Encourage learning by hands on activities  
Help members understand project expectations Encourage participation in project events Teach and encourage safety awareness in project work
- Skills:** Interest in a particular project area, ability to teach youth without doing it for them, willing to learn along with members, able to build rapport and respect with members
- Time:** Preparation and supervision of project meetings - about two hours per meeting





# *Developing the Whole Child through 4-H*

## *Your Job as a 4-H Parent*

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**A**s a 4-H parent, you are a very important link in the 4-H system. As your child starts his or her membership with 4-H it is important to realize that your child does not develop by himself. The 4-H Program will offer your child experiences and opportunities that will help develop life skills and project skills. The offering of these is not enough for your child to gain these skills; your child needs to take advantage of the opportunities, practice the new skills, and be encouraged to build upon these skills as they grow. As a parent you are an important part of this process. Here are some ways that you as a parent can insure that your child will gain the most advantage from what the 4-H Program has to offer.

**Practice Makes Perfect.** The 4-H leader will introduce project and life skills but your child will only gain these skills through regular reinforcement and practice. Since the time your child spends at 4-H meetings is short, home time to try out and practice these skills is necessary. Ask your child what she did at the meeting, have her show you what she learned and encourage her to use what she learned at home. You might want to sit in at some meetings to get an idea of what members are working on.

**The 4-H method is Learn By Doing.** 4-H believes that members learn best when they do things for themselves. This means trying things for the first time as well as making mistakes and learning from them. Give your child the freedom to try on their own. By all means make sure that he is working safely and encourage him when he is experiencing failure with reassurance that he will succeed as he practices but don't do it for him. This could give him the idea that he is incapable and certainly will not build the skills needed for success in the future. If getting involved is irresistible to you ask your child's 4-H leader how you could help out with the club we have lots of different roles for volunteers.

**When Opportunity Knocks Open the Door.** Many opportunities are provided at the county level and beyond. 4-Hers only benefit from these if they participate. Encourage your child to consider these opportunities. Upcoming events and the process necessary for signing up for these opportunities will be listed in the 4-H section of the Extension newspaper or in the special Cloverleaf Express flyers.

**Responsibility is a Life Skill that 4-H Believes in.** Deadlines, entry forms, and sign-ups are necessary for the Extension office to plan events. Filling out the necessary paperwork and sending it in on time is the responsibility of the member and is part of the learning experience for them. You can help by making note of deadlines, having one place in the house where forms and event details are kept, and reminding your child when an entry is due. If an exceptional circumstance arises that prevented your child from making a deadline give us a call but please don't ask for extensions just because your child was irresponsible. We can only make exceptions for exceptional circumstances and even that is not possible for deadlines beyond the county level.

**Adults Serve as Role Models for Youth.** Please encourage fair play, responsibility, and honesty in your 4Her by modeling these values yourself. If there are times when you feel something needs change or improvement show your child how to affect positive change by sharing your feelings with the Extension Office and making suggestions for improvement to the planning committees involved.

**There Is No Stupid Question.** The Cheshire County UNH Cooperative Extension Office is here to help you and we are glad to answer your questions. Give us a call.

# Awards and Recognition

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Properly used, recognition helps to build self-esteem, a sense of confidence in one's abilities, and a feeling of accomplishment. 4-H uses recognition to show appreciation for each person's effort, to provide positive reinforcement to continue participating in learning activities, to foster self-appraisal skills, and to respect individual differences. Recognition occurs in five different ways in 4-H. These five types of recognition and an example of each are listed below.

## ***Type of Recognition***

Participation in Educational Experiences  
Progress toward Personal Goals  
Achievement of Standards of Excellence  
Peer Competition  
Cooperative Effort

## ***Example of Recognition***

Achievement Awards  
Spirit Awards  
Records Awards, 4-H Day Awards  
Qualification for State Activities Day  
Stable Management Awards

Because of these different types of recognition you will sometimes find differing systems of awards at 4-H competitive events. Peer competition usually results in selection of a team for a special opportunity or in a ranking of awards - first, second, third, etc.

More often in Cheshire County we use the Danish System which evaluates each member toward an ideal and ranks them according to their achievement toward that ideal. The awards are blue for outstanding accomplishment, red for good accomplishment with some improvement needed, and white which means significant improvement is needed. Please realize that red is the average and that many children will start at the white or red level when they first try something and will achieve a blue award when significant ability is gained in that area.

## 4-H Events – State & County

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### **Annual Awards**

These awards, selected by the Council or the educators, are presented to the most outstanding people in the county, based on accomplishments at the club, county, state and national levels. These are presented at the Awards Dinner. Nominations, by letter or phone call, are due September 1. Awards include: Outstanding Leader, Outstanding Member, Outstanding Family, Outstanding Junior Member, Outstanding Club, Lifetime Achievement.



### **4-H Week**

The first full week in October. This is a good time to promote 4-H by having poster, window and other displays and by inviting others to become 4-H leaders and members.

### **Eastern Regional Leader Forum**

The Cheshire County Foundation provides scholarships to leaders who attend this excellent conference held for 4-H volunteers from throughout the Northeast. Leaders enrich their knowledge and are encouraged to share it with their club and other leaders in the county. Applications are due in August.

#### **4-H Promotion Activities**

Often the County Office will make arrangements for 4-H members to participate in some regional fall festivals to share their skills and promote 4-H.

#### **Awards Dinner**

Senior members, leaders, and families gather to share a meal catered by one of the clubs and to receive recognition for accomplishments.

#### **Eastern Regional Horse Round Up**

Held in Louisville, Kentucky, this is the final competition for state horse teams in areas of quiz bowl, judging, hippology, and communications.

#### **National 4-H Congress**

Senior 4-H members are encouraged to compile a resume and one page narrative on “What 4-H Participation has Meant to Me” for state evaluation. Top teens are recognized with the NH Achievement Award and teens ages 14 and over are selected to participate in National 4-H Congress on the basis of their resume and a personal interview held in January.

#### **State Resume Judging and Achievement Awards**

Senior 4-H members are encouraged to compile a resume and one page narrative on “What 4-H Participation has Meant to Me” for state evaluation. Top teens are recognized with the NH Achievement Award and teens ages 14 and over are selected to participate in National 4-H Congress, National 4-H Conference, National 4-H Dairy Conference on the basis of their resume and a personal interview held in January.

#### **Animal Quiz Bowls**

Members review general knowledge about their project species for quiz bowl competitions where members ages 12 and over buzz in for a chance to respond orally to questions. Quiz Bowl state competition dates vary but generally horse is held in early February, dairy in March.

#### **National Conference**

The county selects two members ages 14 and over to be interviewed by the state committee, which chooses four New Hampshire members to attend the conference in April. Information is included in the September newsletter. Résumés are due in the county office in December and interviews will be held in January.

#### **Horse Ad Book Drive**

Horse members sell ads to area businesses, which are published in the Horse Show program book for Field Day. Funds support horse project activities.

#### **Teen Interviews**

This serves as the selection process for various trips and conference participants and scholarships.

#### **Farm and Forest Expo**

This state event, held in Manchester, promotes the agricultural and forestry industry for the state. 4-H members may help scoop ice cream as a fundraiser for the 4-H Foundation of New Hampshire.

#### **Clothing Judging**

Members in the clothing project may have their sewing projects evaluated. Members age 12 and older are selected to go on to state competition held during State Activities Day.

#### **Beef Field Day**

Beef members receive instruction and information on many aspects relating to preparing their beef project for showing. Calf scramble members are required to bring their animals, others may bring their animals or may come to listen and learn.

## **State Horse Advisory Council Annual Meeting**

Held on a Saturday in late February, this is when direction and policies for the Horse Program statewide are set. Each county may send up to 6 voting representatives.

## **Registration of 4-H Animal Projects**

All animals used as 4-H projects by members must be registered with the 4-H office each year in order to be eligible to participate in county and state 4-H shows. Every member must request a form from the office, fill it out, have it signed by their leader, and submit it by the proper date listed below. These deadlines will be strictly adhered to! Membership lists are updated at the 4-H Office on December 30<sup>th</sup>. Members not enrolled are dropped from membership at this time. An animal member must be enrolled 60 days prior to their respective state animal approval deadline in order to be eligible for any competitive event involving an animal.

<b>FEBRUARY 1</b>	Beef Steers that will be shown at Eastern States.
<b>APRIL 1</b>	Horses that will be shown at Eastern States.
<b>MAY 1</b>	Beef heifers that will be shown at Eastern States (excluding ESE steers), Working Steers, Dogs, Dairy Cattle, Horse and Llama
<b>JUNE 15</b>	All Sheep, goats, swine, small animals, poultry and other beef (not showing at Eastern States)

**→ All 4-H project animals must be at least 3 months by show date to be shown, exhibited or brought to any given 4-H event. Rabies vaccination is required for all 4-H mammals.**

## **4-H Day**

Members compete in a variety of events which are designed to help them develop as a confident person, or to exhibit skills learned through the year. Score sheets and informative booklets are available. Winners are invited to participate in State Activities Day. Events include:

- **Demonstrations or Illustrated Talks** - Members demonstrate something they have learned in a short talk.
- **Public Speaking Contest** - Members talk for about 5 - 10 minutes on the subject of their choice.
- **Action Exhibits** - Members perform a process (for 30 minutes) as the audience walks by and asks questions.
- **Photography Exhibit** - Any member may exhibit individual slides, photographs or photo series.
- **Poster Exhibit** - Any member may exhibit up to two posters relating to a theme.
- **Tabletop Exhibits** - One to three members assemble a display to inform the public about a topic.
- **Clothes Encounters** - Members select a favorite outfit, choose accessories and props, write a script, and model their outfit on stage while they present their script. Outfits may be made or purchased.

## **Eastern States Exposition**

Members ages 12 and over selected at State Activities Day are invited to do action exhibits at Eastern States - or model in the Fashion Show. Winners of the state animal shows also compete at the "Big E" with their animals.

## **Horse Judging Contest**

This state activity serves as the selection process for the State Judging Team. Members ages 12 and over judge up to eight classes and justify their placings via questions and answers or oral reasons. County practices are held earlier to prepare members for this.

## **State Horse Hippology Contest**

Serving as the start of selection for the state team, hippology members ages 12 and over participate in a quiz, slide identification, skills stations and oral presentations. County practices are held earlier to prepare members for this.

## **Dairy Judging Tour**

Dairy members ages 12 and over visit area farms to increase their skill in determining the strengths and weaknesses of cattle being judged. Selection of senior members for the national competition is made at this event.

### Achievement Meetings

Usually held in late spring, summer or early fall, each club is encouraged to have a festive meeting where pins and certificates are awarded for completed projects. Parents are usually invited, and the 4-H educator will try to attend to give out awards, if invited at least two weeks in advance. Year-end reports from leaders indicating all members enrolled, and those who have completed their projects are due in June. These are the basis of the awards.

### 4-H Camp

4-H Camps offer a variety of programs at their site in Berlin, New Hampshire. Members and leaders may also work at one of the camps as volunteer or paid staff. Early enrollment helps insure that members or non-members can attend the week(s) they prefer.

### State Activities Day

Winners age 12 and over are invited at 4-H Day to present their winning presentation or exhibit in state competition, held in June. Some winners go on to regional or national events.

### Teen Conference

A four day teen event held in late June at the University of New Hampshire. A variety of social activities, workshops, and educational activities are offered. Delegates are selected by the 4-H Council on the basis of an application and interview in March. Orientation is provided in early June to acquaint delegates with the procedures and information necessary for a successful experience. The 4-H Council provides full scholarships for first timers and partial scholarships for second timers. More experienced teens may continue to participate at their own expense. Must have finished 8<sup>th</sup> grade or be age 14 by date of conference.

### Horse Field Day

This horse show is a chance for 4-Hers to show what they have learned in their horse project during the year. Regular classes are held for members with horses, showmanship and equitation classes are available to members who have permission to use another member's animal, and quiz, judging, and stable management is open to all. This show also serves as a qualifying show for horse members age 12 and older interested in the State Horse Show.

### Career Tours

These tours are offered to older juniors and seniors interested in learning more about the job opportunities and careers related to major project areas. Tours are offered on a rotating basis with one Agricultural Science and one Family and Consumer Science one each year. The tours are usually offered in July and August but spaces fill fast so interested people should watch the newsletter in late spring for sign up information.

### Cheshire Fair

A major event for 4-H members. Four-H has its own youth building at the fairgrounds. All members are expected to exhibit and/or show at the fair. Premiums are awarded to all qualifying items/animals shown.

- **Exhibits** - Each club is encouraged to set up an exhibit to promote 4-H or display an educational exhibit. Members may exhibit their project work and may also have an individual educational exhibit.
- **Live Demos** - Members offer 30 minute presentations to teach the public about a topic related to their project.
- **Animal Shows** - Animals are housed and shown at the fair.
- **Food Booth** - Run by 4-H leaders, parents and members. The food booth is a mini-cafeteria next to the 4-H building serving meals, snacks, and beverages. Each club is expected to staff the booth for at least one complete five hour shift. Proceeds provide the funds for the 4-H Council to offer trip scholarships and county awards given at 4-H Day and Club Achievement meetings as well as ribbons for any 4-H competition.

## **VARIABLE**

### Electronic Newsletter

This newsletter is sent to all 4-H families and other UNH Extension audiences each month. It contains important information about the 4-H Program. This serves as the main communication tool for opportunities, dates, events, etc. and it is the member's responsibility to follow through on information that applies to him/her or his/her project.

**Cheshire County Website** (<http://extension.unh.edu/Counties/Cheshire/Cheshire.htm>)

This serves as another communication tool for opportunities, dates, events, etc. at the local and state level.

### **Leader/Member Workshops**

Held at different times during the year on different topics. The 4-H Educators are always looking for ideas on how to help leaders. Pass them along. Additional information is sent to leaders via leader letters and special mailings.

### **County Committee Meetings**

Leaders, parents and older members are invited as needed to help with evaluating programs and planning as the need arises.

### **Cheshire 4-H Council Meetings**

This group serves as the advisory board for the county 4-H program and as the overseer for the funds raised to support the program. The 17 members are elected to two year rotating terms. The council meets every other month at the Extension Office.

# **NEW HAMPSHIRE 4-H OPPORTUNITIES**

## **BOARDS AND COUNCILS**

**4-H youth development programs emphasize learning by doing. Because youth have a wide array of interests, 4-H projects cover a multitude of topics, everything from Aerospace to Zoology can be a part of a 4-H project. All of these programs are planned and/or sponsored by or through six primary groups:**

### **EXTENSION SERVICE/USDA**

ES/USDA gives the National leadership to all Extension programs. As part of USDA, funding is received from the U.S. Congress. ES/USDA professionals assist states in program design and development, and help focus multi-state, regional, and national programming efforts.

### **NATIONAL 4-H COUNCIL**

Thought of as the national 4-H foundation, the National 4-H Council operated the National 4-H Center in Chevy Chase, MD. It also secures private resources to support national 4-H events and specialized programs in the states. Through its support, 4-H programs are available to many more youth in enhance, innovative ways.

### **UNIVERSITY OF NEW HAMPSHIRE COOPERATIVE EXTENSION**

As the research-based outreach program of the University of New Hampshire, UNH Cooperative Extension offers programs in the areas of families, communities, and youth, and natural resources. Four-H is the primary youth program of UNH Cooperative Extension. UNH Cooperative Extension has all administrative responsibility for 4-H in New Hampshire.

### **4-H FOUNDATION OF NEW HAMPSHIRE, INC.**

As a private, non-profit organization, the 4-H Foundation of New Hampshire's goal is to support 4-H opportunities for New Hampshire youth. Private contributions help make 4-H experiences available. Most of the state and national trips and events are heavily supported by the Foundation.

### **CHESHIRE COUNTY UNH EXTENSION COUNCIL**

The Extension Council has 12 members consisting of representatives of Agriculture, Forestry, Family, Community, and Youth Program areas as well as "Members at Large." The Service Council has several important roles: interview and select extension educators for employment; oversee the expenditure of the budget; advise staff in developing and updating a comprehensive plan for addressing county Extension programming needs. In short, the Extension Council is a collection of volunteers who provide guidance for the total Extension educational effort in Cheshire County.

## CHESHIRE 4-H COUNCIL

The Cheshire 4-H Council serves in an advisory capacity to the Cheshire Extension Educator for 4-H Youth Development. The purpose of this council is to: help to formulate policies; adapt 4-H programs to fit local conditions; evaluate the yearly 4-H programs; and strive to promote 4-H in any way possible. The 4-H Council also administers an annual budget of approximately \$8,000. These funds are used to promote a variety of 4-H programs and events such as member and volunteer recognition, trips, scholarships, activities, and much more. There are 15 voting members made up of 4-H leaders, parents, junior leaders, and other individuals who are interested in 4-H work. Member-ship terms last 2 years.

## ANIMAL SCIENCE

Animal science projects allow members to learn about veterinary science, animal nutrition, and health and safety in working around animals. Members learn the joy of owning and caring for an animal, as well as the responsibility and costs involved. Opportunities for youth who do not have access to an animal also exist such as quiz bowl and judging contests.

To be involved in an animal science program, it is not necessary for members to have an animal. However, if they do and might show the animal in any 4-H show in New England, they must have approval papers signed by the county 4-H Educator. The deadlines range from **February 1** for beef to **June 15** for lambs and small pets. The age of the animal does make a difference in determining approval forms deadlines, so make sure you check with your 4-H office.

**Animal Science Curriculum Committees:** There are committees for Horse, Dog, Livestock, Dairy Cattle, Dairy Goats, Working Steers, and Small Animals. The committees are composed of members, leaders, county staff, and specialists. In early fall, the Extension Educator in each county nominates people for committee membership who have had a minimum of three years in the program and who have a wide angle view of the 4-H project and program. The committee reviews the curriculum on an annual basis to see that the printed materials, activities, and additional resources are meeting the needs of project members throughout the state. Let your Extension Educator know if you are interested in serving on a committee.

**State 4-H Animal Shows:** To participate at the Eastern States Exposition representing New Hampshire 4-H, a member must first qualify.

**State 4-H Dairy Show:** This show is held in conjunction with the PDCA show at a New Hampshire fairground usually during the **first full week in August**. All 4-H youth holding valid 4-H approval forms are encouraged to attend. Selection for cattle members going to ESE is made at this event.

**State 4-H Horse Show:** This event is held the **end of July** at a New Hampshire fairground. Each county is limited by quota as to how many they may send to the show. 20 members are selected to represent NH at ESE. Meetings of the Horse Advisory Council are held in February and June to plan the event.

**Dog, Sheep, Goats:** Qualifications for the 4-H dog, sheep and goat members to go to ESE is by awards received at fairs held in early summer. Members must receive a blue or red in Fit and Show and any animals that will go to ESE must receive a blue or red in their type or obedience class. The member must have an awards forms signed by the show superintendent and obtain an ESE packet from the show secretary. Both items must be filled out and returned to the State Office by August 20.

**State 4-H Working Steers:** Members are selected for Eastern States Exposition based on the highest scores received from the following shows: Stratham Fair Working Steer Show, Cheshire Fair, the working steer qualifying event held at Lancaster Fairgrounds.

**Beef:** Steers must be registered with ESE by February 1; purebred heifers are eligible if they are registered with ESE prior to the Beef Entry deadline which is May 1st.

## 4-H DAIRY ACTIVITIES

**Dairy Judging Contest:** This one to two day contest is held in **early May**. 4-H individuals over 12 are welcome. Participants stay overnight and spend the evening giving oral reasons. The scores of this tour are included in final scores when selecting State Team members.

**Judging Contest - ESE:** The State 4-H Dairy Judging Team and one alternate participates in this regional event. Volunteer coaches with expertise in cattle judging are needed to work with the team.

**National 4-H Dairy Judging Contest:** The State 4-H Dairy Judging Team participates in this national event in Madison, WI. Volunteer coaches train the youth and accompany them on this trip, which can last as long as six days (**late September - early October**).

**National 4-H Dairy Conference:** New Hampshire sends three youth and one chaperon to this national event in Madison, WI. Members' resumes are due to the State 4-H Office **December 1**; selection interviews are conducted in January. The program lasts approximately four days (**late September - early October**).

**NH Dairy Quiz Bowl:** This event is held the **during a Saturday in March**. There are divisions for both seniors and juniors. Finalists for the State Senior Team are selected at this event.

**Regional:** Held at the Eastern States Exposition in **September**, NH sends the State 4-H Dairy Quiz Bowl team and coach to this event.

**National Dairy Quiz Bowl:** This event is held in **November** in Louisville, Kentucky. The New Hampshire State Bowl team and coach participate.

## 4-H HORSE ACTIVITIES

**NH 4-H Horse Judging Tour:** This event for junior and senior members is held in **April**. It is the first phase of the selection process for the State 4-H Horse Judging Team. Eight finalists and the coach train in the spring, and the final team is selected by **July 1**. Cheshire may send 6 non-reasons participants and 4 reasons participants to this contest. County selection is made in March.

**NH Horse Quiz Bowl:** This event, held in **February**, is open to members 12 and over. Finalists are selected for the state junior and senior teams. County selection is made in December.

**NH Horse Communications Contest:** This event includes individual and team demonstrations and public speaking. The State Contest is held in conjunction with the State Activities Day in **June** at UNH. Participants must be selected at the county level. Seniors and juniors age 12 and older may compete, with only seniors eligible to attend the National Round-Up.

**NH Hippology Program:** This program tests a member's knowledge of horse science and the ability to apply that knowledge to different situations. The state contest is held in **early April** for members 12 and over. State senior finalists will be selected at this event. County selection is made in March.

**Northeast Regionals:** State teams from throughout New England are invited to this competition in final preparation for the nationals. Competition is offered in Quiz Bowl, Hippology, Communications, and Judging.

**National 4-H Horse Round-Up:** Held in November, New Hampshire sends a Horse Judging team and coach, Bowl team and coach, Hippology team and coach, Team Demonstrators, an Individual Demonstrator, and a Public Speaker and coach to this event in Louisville, Kentucky.



# NATURAL RESOURCES

**Barry Conservation Camp:** Operated jointly by UNH Cooperative Extension and the NH Fish & Game Department, the camp specializes in conservation education with programs in hunter education, shooting sports, fishing, introduction to forestry and wildlife management, and field trips. The camp is located in the White Mountain National Forest in Berlin, and is for youth age 8-17. The camp is limited per session.

## LEADERSHIP & CITIZENSHIP PROGRAMS

**State Activities Day:** After qualifying at the county level at 4-H Day in **April**, over 300 members age 12 and over converge at UNH on the **first Saturday in June** for State Activities Day. Competitions are held in Demonstrations, Action Exhibits, Public Speaking, Fashion Revue, Photography, and Posters.

**ESE New England Center:** New Hampshire youth selected from State Activities Day perform in the 4-H area of the ESE New England Center on a **Thursday & Friday** of the Expo (**mid - late September**). They perform action exhibits, fashion revues and demonstrations.

**NH State 4-H Teen Conference:** 200 teens statewide participate in this 4-day educational and social event planned and conducted by NH State 4-H Teen Council. Held the **last week in June** at the UNH-Durham campus, youth 14 years and older (as of the Conference) learn and share with each other through workshops, guest speakers, tours, dances, social activities, and informal discussions. Cheshire applications are due in March and interviews are held to determine who may attend and to select Cheshire 4-H Council scholarship recipients.

**National 4-H Conference:** Four New Hampshire teens and one Extension staff person attend this week-long leadership conference held in **early April** at the National 4-H Center, Chevy Chase, MD. The team works with state representatives around the country and Canada to recommend 4-H policy and directions to National 4-H Council and USDA/Extension staff in one of 12 consulting groups. They also meet with legislators from New Hampshire to discuss the importance 4-H and Extension play in our state. Applications are due to the State 4-H Office through the counties in **December**, and interviews are held in **January**.

**National 4-H Congress:** This annual event, held the weekend after Thanksgiving in rotating locations, is the largest 4-H event. The Congress experience gives delegates opportunities to participate in many events and develop a broader appreciation for the interdependence of business, industry, science, agriculture, education and government, to receive recognition for their achievements and enjoy new cultural experiences. About six members attend with one Extension staff and a volunteer.

To be eligible, the teen must be 14 years of age, complete a State resume due December 1. Resumes are reviewed at the state level, with finalists participating in a personal interview in January. Congress winners will be offered trips to National 4-H Congress, all state winners are awarded the **New Hampshire 4-H Achievement Award** at State Activities Day.

## 4-H CLUB RECOGNITION OPPORTUNITIES

**4-H Club Charter:** The 4-H Club Charter is presented to all 4-H clubs after one year of participation. Each year that the club is active they will receive an official seal for their charter.

**Outstanding Club Recognition:** Active clubs are encouraged to apply for this award given out at the 4-H Awards Dinner. Applications ask for information on the activities of the club, the involvement of its members, leaders, and parents, in county events, and its service activities. Forms are due Sept. 1st.

# ADULT LEADER OPPORTUNITIES

**Northeast Regional Leaders Forum:** Held in the **fall** in one of the Northeastern states on a rotating basis, this leader forum is an opportunity for 4-H leaders to meet other 4-H leaders in the region and to learn more about 4-H programs and projects through workshops, seminars, fellowship and idea sharing. State scholarships are available. The Cheshire 4-H Council also provides scholarship support. Information is usually available in the **summer**, **registrations are usually due August 1.**

**Volunteer Trips:** Volunteers are encouraged to submit an applications if they would like to be selected to attend National 4-H Trips as a chaperon. Applications are due December 1.

*Leaders kindle the fire but parents' encouragement makes it burn brightly!*

## 4-H TRADITIONS

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**4-H Emblem**

**4-H Mission:** The 4-H mission is to help young people become self-directing, productive and contributing members of society.

### The 4-H Pledge:

I pledge: My **HEAD** to clearer thinking, My **HEART** to greater loyalty, My **HANDS** to larger service, and My **HEALTH** to better living, For my Club, my Community, my Country, and my World.

**4-H Motto:** To Make the Best Better

**4-H Colors:** White: symbol of purity                      Green: symbol of nature and growth

### 4-H Creed:

I believe in 4-H club work for the opportunity it will give me to become a useful citizen.

I believe in the training of my HEAD for the power it will give me to think, plan and reason.

I believe in the training of my HEART for the nobleness it will give me to become kind, sympathetic and true.

I believe in the training of my HANDS for the ability it will give me to be helpful, useful and skillful.

I believe in the training of my HEALTH for the strength it will give me to enjoy life, to resist disease and to work efficiently.

I believe in my country, my state, and my community and in my responsibility for their development.

In all these things, I believe, and I am willing to dedicate my efforts to their fulfillment.

**4-H Vision:** New Hampshire 4-H Youth Development envisions a world in which youth and adults learn, grow and work together as catalysts for positive change.